

HANDOUT WC-1

WALLET CARD

FRONT OF CARD

[illegible]

BACK OF CARD

<h2 style="margin: 0;">EMERGENCY PHONE NUMBERS</h2>	<h2 style="margin: 0;">DSAT LEVEL III AND IV MAINTENANCE SESSIONS</h2>																										
<div style="border-bottom: 1px solid black; margin-bottom: 10px;">Your Name</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">Friend</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">Family Member</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">Detox Unit</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">Hospital</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">AA/NA Sponsor</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">FSAT Facilitator</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">Treatment Center</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">Probation Officer</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">Case Worker</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">Counselor</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;">Others</div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;"></div> <div style="border-bottom: 1px solid black; margin-bottom: 10px;"></div>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center; padding: 5px;">Check</th> <th style="width: 50%; text-align: center; padding: 5px;">Check</th> </tr> </thead> <tbody> <tr><td style="padding: 5px;">Session 1</td><td style="padding: 5px;">Session 13</td></tr> <tr><td style="padding: 5px;">Session 2</td><td style="padding: 5px;">Session 14</td></tr> <tr><td style="padding: 5px;">Session 3</td><td style="padding: 5px;">Session 15</td></tr> <tr><td style="padding: 5px;">Session 4</td><td style="padding: 5px;">Session 16</td></tr> <tr><td style="padding: 5px;">Session 5</td><td style="padding: 5px;">Session 17</td></tr> <tr><td style="padding: 5px;">Session 6</td><td style="padding: 5px;">Session 18</td></tr> <tr><td style="padding: 5px;">Session 7</td><td style="padding: 5px;">Session 19</td></tr> <tr><td style="padding: 5px;">Session 8</td><td style="padding: 5px;">Session 20</td></tr> <tr><td style="padding: 5px;">Session 9</td><td style="padding: 5px;">Session 21</td></tr> <tr><td style="padding: 5px;">Session 10</td><td style="padding: 5px;">Session 22</td></tr> <tr><td style="padding: 5px;">Session 11</td><td style="padding: 5px;">Session 23</td></tr> <tr><td style="padding: 5px;">Session 12</td><td></td></tr> </tbody> </table> <p style="margin-top: 10px;">Please have a DSAT facilitator initial and date each session you attend.</p>	Check	Check	Session 1	Session 13	Session 2	Session 14	Session 3	Session 15	Session 4	Session 16	Session 5	Session 17	Session 6	Session 18	Session 7	Session 19	Session 8	Session 20	Session 9	Session 21	Session 10	Session 22	Session 11	Session 23	Session 12	
Check	Check																										
Session 1	Session 13																										
Session 2	Session 14																										
Session 3	Session 15																										
Session 4	Session 16																										
Session 5	Session 17																										
Session 6	Session 18																										
Session 7	Session 19																										
Session 8	Session 20																										
Session 9	Session 21																										
Session 10	Session 22																										
Session 11	Session 23																										
Session 12																											



WORKSHEET WC-2

COMMUNITY RESOURCE TEMPLATE



ADDICTION SERVICES:

Detox:

Day Treatment:

Residential Treatment:

Contact for Self-Help Groups:



HEALTH SERVICES

Hospital

Health Clinic

Family Doctor





LEGAL SERVICES

Legal Aid

Law Firms



EMPLOYMENT SERVICES

Employment Office(s)

Volunteer Organization(s)



LEISURE SERVICES

YMCA

Recreation or Parks Departments

Other

HANDOUT WC-3

WALLET CARD EXERCISE

INSTRUCTIONS

- 1.** Each of you should brief your partner on your own high-risk situation (refer to the intensive phase Worksheet 15-6 for level 4, and Worksheet 10-6 for level 3: Mapping My Relapses for a reminder of your high-risk situations). So in each group, there will be two briefings.
- 2.** Each of you should then take five minutes to create a scenario you'll use to challenge your partner. The scenario should involve your partner's high-risk situation. See the second page of this handout for an example of a challenging scenario.
- 3.** When you're both done, each of you should brief your partner on the scenario you developed for him.
- 4.** Each of you should then spend about 5 minutes trying to identify all the coping skills you could use in the high risk situation your partner challenged you with (e.g., refusal skills, problem solving, constructive thinking, leaving the situation). Make sure you consider your wallet card — would it be useful? How would you use it?
- 5.** Finally, each of you should brief your partner on the strategy you identified for handling the high-risk situation he created for you. Partners should provide input on the strategy, asking questions and making suggestions to improve the response, and the use of the wallet card.



Example of a Scenario to Challenge Your Partner

YOUR PARTNER'S HIGH-RISK SITUATION

Type: Pressure from Friends

SITUATION YOU DEVELOP TO CHALLENGE YOUR PARTNER

Rick has not used cocaine in over two months and is feeling good about his life right now. Although Rick sometimes misses the excitement of getting high and hanging out with his brothers and friends (who still use cocaine), he notices that there have been some important changes in his life that are quite positive. Rick's relationship with his girlfriend, Joanne, has really improved and she now trusts him a lot more than in the past.

During a weekend when Joanne was away with family, Rick decided to head over to his brother's house where his buddies would be hanging out. Rick knew there would be cocaine use but didn't think it would be a problem, especially because he was clean for such a long time.

When Rick arrived at the house he saw that all his friends were at the house, there are plenty of good rock tunes playing, and the guys were snorting lines in the living room. Rick says to himself that he can party without the drugs but the coke keeps getting passed to him even though he keeps refusing by passing on the lines when it's his turn.

Rick's brother John starts to get really vocal about Rick's passing on the drugs and directly asks, "do you want to try some powerful Coke". At this point, Rick finds it hard to resist and decides to "sample" only a bit of Coke. He says, "No one needs to know I'm using, including Joanne who is away this weekend." Rick snorts for most of the night.
